

AUTOGENICS

Autogenics involves passive concentration on parts of the body while mentally repeating phrases suggesting **warmth, heaviness, and relaxation** such as “my arms are heavy and warm” or “my jaw is loose and slack.” The theme of heaviness promotes muscle relaxation, and the theme of warmth promotes improved blood circulation in hands and feet. Over time autogenics training can lead to an automatic response of relaxation by just thinking about heaviness or warmth and become an effective antidote to stress.

Benefits

Autogenics is effective in reducing fatigue, tension, high blood pressure, racing heart, irritability, and painful symptoms such as headaches. It can also reverse the fight-flight or freeze state associated with panic attacks.

Find a comfortable position either sitting or lying down. Uncross your legs, and place your hands palm down and flat beside your body. It is easier to concentrate with your eyes closed.

Try to imagine the sensation suggested in the formula as fully as possible. It isn't important that you actually feel the sensations, just notice what sensations you do feel. For example your limbs may feel lighter and tingly as you relax rather than heavy and warm.

Autogenic Phrases:

Right Hand	Heavy, Heavy and Warm	Entire Face	Smooth, Smooth and Relaxed
Left Hand	Heavy, Heavy and Warm	Neck	Loose, Loose and Relaxed
Right Arm	Heavy, Heavy and Warm	Shoulders	Heavy, Heavy and Relaxed
Left Arm	Heavy, Heavy and Warm	Back	Heavy, Heavy and Relaxed
Right Leg	Heavy, Heavy and Warm	Chest	Light, Light and Relaxed
Left Leg	Heavy, Heavy and Warm	Breathing	Slow, Slow and Smooth
Scalp	Smooth, Smooth and Relaxed	Heartbeat	Calm, Calm and Strong
Forehead	Smooth, Smooth and Cool	Stomach	Calm, Calm and Relaxed
Eyes	Soft, Soft and Relaxed	Mind	Calm, Calm and Clear
Jaw	Loose, Loose and Slack	Whole Body	Warm, Warm and Relaxed

More Information

Inner Health: <http://www.innerhealthstudio.com/autogenics.html>
Stress Relief Tools: <http://www.stress-relief-tools.com/autogenic-relaxation.html>

Counseling & Psychological Services



Stress Management &
Biofeedback Services

caps.byu.edu/biofeedback

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